

Robin Searles, MS, RD
Iowa Department of Education
Nutrition, Health and Transportation Services



- Every Five Years
- Science-based Guidelines
- MyPyramid



http://www.mypyramid.gov/



- School Meals Must Follow
- New Meal Pattern
- Under Review by IOM
- Schools Encouraged to Follow Guidelines



Menu Planning Recommendations for Child Care



Nutrients of concern for children:

- -Calcium
- -Potassium
- -Fiber
- -Magnesium
- -Vitamin E

(Iron-still a concern for infants, toddlers and low income children)



Adequate nutrients within calorie needs:

- –Limit fats (choose healthy fats)
 - Mostly poly and monounsaturated
 - Less saturated and trans
- -Limit sugars



Eat more:

Fruit
Vegetables
Legumes
Whole grain
Low-fat Dairy



My Pyramid $(2\frac{1}{2} c)$

1 ½ cups vegetables each day1 cups fruit each day

Meal Pattern (Bk, Lu) (1 c)

½ cup+½ cup fruit & vegetables

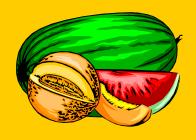




Fruits and Vegetables

Plan at least three different fruits and five different vegetables each week (Serve fruit and vegetables at snack)





Fruits and Vegetables

Vitamin C-Daily











Fruits and Vegetables

Vitamin A-3+/week









Fruits and Vegetables

Fresh-3+/week









Meat/meat alternates

Plan 2+ sources of iron daily

- Most meats
- Cooked dry beans
- Fortified or whole grains
- Limit cheese and yogurt for meat alternate





Meat/meat alternates

Plan different entrees each day of the week





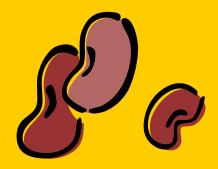




Meat/meat alternates

Serve cooked dried beans or split peas 3 times/week

- –Low fat
- -Magnesium
- -Fiber
- -Nutrient dense
- -Inexpensive





Meat/meat alternates

Limit preserved, processed or high fat meats/entrees to once per week

- Chicken nuggets, fish sticks, lunch meat, ham, processed cheese, hot dogs
- -Limit fat, saturated fat, sodium
- -Lower cost









Whole Grains

Serve at least half the time

- -Look for whole grain as the first ingredient
 - Examples and ideas
- -Include dry cereal at least once weekly
 - Choose cereals with ≤6 gm sugar per ounce





Beverages

Serve milk often at snack

1% or skim milk for children over age 2

Whole milk to toddlers ages 1-2

Flavored is OK





Beverages

Limit juice to once daily

- -100% juice
- -Pasteurized
- -Vitamin C fortified



Beverages

Offer water

- -Acceptance
- -Throughout the day
- -At snack when no juice or milk is served
- -NOT CREDITABLE



Limit Added Sugars

Footnote of 3 or 4 Limit to twice weekly at snack Not creditable at lunch/supper













Locally Grown Foods

Benefits

Visit http://www.foodroutes.org/
or http://ia.marketmaker.uiuc.edu/ to find locally grown foods near you.

Examples (cautions):

- Eggs (licensed/inspected plants)
- Produce (farmer's markets, local growers, CSA's)
- Milk (pasteurized)
- Meat (must be USDA inspected)







Seasonal Foods

Advantages of Seasonal Products

- Lower cost
- Higher quality
- Available
- May be locally grown
- Lower environmental impact

Buying Guide